

ABSTRACT

To provide a ubiquinone supplementation food which is obtained by adding a composition containing ubiquinone and an oil/fat; an edible oil/fat composition which contains ubiquinone; a process for producing a ubiquinone supplementation food which comprises dissolving ubiquinone in an oil/fat under heating, and adding the obtained mixture to a food material; a method for preventing precipitation and/or localization of ubiquinone in a food which comprises producing a food by dissolving ubiquinone in an oil/fat under heating and adding the obtained mixture to a food material; and a method for supplying ubiquinone which comprises ingesting said foods.

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